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A Research of traditional sport rituals of minorities in southwest China from the perspective of cultural anthropology

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Chinese Nation, with an immemorial civilized history, has a long history of traditional ethnic sports and deep culture accumulation. As most Chinese minorities scatter in the southwest of China, where there are precious historical cultural recourses of traditional minority sports which belong to the traditional sport treasure of Chinese Nation, the traditional minority sports are of such distinct cultural values as national, regional, recreational and body-building characteristics.

One of the instruments to break the social cultural core is the anthropological study of rituals which opens up a way for research of cultural depth of traditional minority sports. The theme of primitive belief and worship in the rituals of the traditional minority sports

meets both people's needs of entertainment and beliefs. The ritual of the traditional minority sports is a carrier of folk beliefs entrusted with such simple wishes as praying for pregnancy and blessing, favorable weather, no illnesses and misfortunes, good harvest next year, and social peace and prosperity. So an important means to guarantee stability and harmony is the correct guidance of these belief needs existing under the objective circumstances. What's more, through this research, some cultural recourse ignored by China National Games of Minorities could be found in the ritual activities of traditional minority sports. Excavation of such recourse might add new symbolic connotation to the national unity appeal of China National Games of Minorities.